

ABSTRACT OF THE DISCLOSURE

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A portable headrest is disclosed providing extensive lateral support to persons sitting upright in chairs. The headrest is attached to the seat back of a chair, such as an airline seat or a geriatric chair, and is secured thereto with straps or ^{in another} ~~other~~ ^{manner} ~~suitable means~~. A head-support portion extends well in front of the surface of the seat back and provides a rigid structure to support the side of user's head. Cushioning on top of this rigid structure ensures comfort. A base portion cooperates with the seat back and the head-support portion to maintain the position and alignment of the head-support portion. The headrest thus aids sleep for people who must stay in upright chairs for extended periods and alleviates muscle strain in infirmed persons while allowing them to sit upright.

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